

TEQUI-LIME RECIPES:

TEQUI-LIME GOURMET SALMON WITH MANGO & RED PEPPER SALSA

2 5 oz. Salmon Filets
¼ cup Tequi-Lime Gourmet Sauce
Marinate salmon filets for 1 - 2 hours prior to cooking

MANGO SALSA

1 Fresh Mango - peeled and diced

1 Red Pepper - diced freshly squeezed lime juice to taste approximately
1 tbs. white sugar to taste - approximately 2-3 tsp.
Mix all ingredients and serve at room temperature with Tequi-Lime™ Salmon.

FOR SALMON - DISCARD MARINADE

Grill salmon, basting frequently with additional sauce (presentation side first - skin up) for about 2 minutes over a high heat, turn on an angle to achieve grill marks, for about another 2 minutes. Flip over and finish grilling, about another minute. Do not over cook. Salmon will continue to cook when removed from grill. Serve with Mango Salsa.

PRAWNS & PEPPERS WITH TEQUI-LIME GOURMET SAUCE

2 tbs. vegetable oil
1 red pepper, julienne
1 yellow pepper, julienne
1 orange pepper, julienne
12 local spot prawns or tiger prawns or scallops
½ cup Tequi-Lime Gourmet sauce
***1 tsp. cornstarch moistened in cold water**
cilantro for garnish & toasted sesame seeds

Heat wok or saute pan to medium. Add 1 tbs. of vegetable oil and heat. When oil is hot, stir-fry prawns for about 1 minute. Remove immediately. Add remaining oil and add peppers, tossing until slightly softened but still crunchy. Add ½ cup Tequi-Lime™ sauce and continue to cook. Add prawns to wok. Add cornstarch mixture and toss until prawns and peppers are glazed. Serve immediately with cilantro and sesame seeds.

SHRIMP & PAPAYA QUESADILLA WITH MANGO CREME 4 SERVINGS

2 oz. fresh goat cheese, crumbled
2 oz. Monterey Jack Cheese, grated
1 tsp. roasted garlic
¼ cup chopped onion
1 tsp. chili garlic sauce, or fresh chiles to taste
1 roasted red pepper, peeled, seeded and chopped
1 tsp chopped fresh cilantro
1 tsp. fresh lime juice
5 oz. Fresh shrimp
1 papaya seeded and chopped
4 flour tortillas, at room temperature
2 tbs. unsalted butter, melted
1 Cup Mango Cream

In a large bowl, combine the cheeses and stir in the garlic, onion, chile sauce, roasted pepper, cilantro, salt & lime juice. Blend in shrimp and papaya. Spread ¼ of the mixture over 1 tortilla and top with a second. Brush tortilla with melted butter and grill or cook over medium heat in a large non-stick skillet. Cook until crispy and cheese melts inside. Turn over and cook other side. Slice into 6 pieces and serve with Mango Creme drizzled over.

MANGO CREME

2 ripe mangoes
½ cup sour cream
juice of 1 lemon
Peel and chop mango and puree in food processor. Add sour cream and lemon juice. Drizzle over grilled Quesadillas.

TEQUI-LIME GOURMET RACK OF LAMB

Marinate 2 frenched racks of lamb in a zip-lock freezer bag with 1 cup Tequi-Lime™ bbq sauce, for 2-4 days, in the fridge. Remove and discard marinade. Preheat grill and bbq for about 13 minutes in total, about 6 on each side. Remove from grill and let rest at least 8 minutes. Heat extra sauce and serve with carved lamb. If roasting in the oven, brown rack on stove top and finish in 400 oven for 10-12 minutes. Let rest as above and serve.

TEQUI-LIME ® BBQ'D RIBS

4 Slabs Baby Back Ribs, 8 ribs each

2 cups Tequi-Lime ® BBQ Sauce

On the underside of the ribs is a tough white skin or membrane; using a pointed knife, loosen the membrane along the bone at one edge, then grip the membrane with a paper towel and pull away. *Never boil ribs - you lose all the flavor! Marinate the ribs in zip-lock freezer bags with 1/ ½ cups of Tequi-Lime ® Sauce, for up to 4 days. Discard marinade when ready to cook. Using remaining sauce to baste while grilling If using a gas or indoor grill, preheat to medium (350* F).

If using charcoal, prepare a fire. When bbq's or grills are ready, brush extra Tequi-Lime ® sauce on ribs, cover bbq and grill, about 30 minutes, turning every 10 minutes and continuing to baste.

Serves 4 as a main entrée

Or 12 as an appetizer

Quick Jazzy Beans

2 398 ml cans baked beans with tomato sauce, drained well

(OR 1 398 ml can baked beans in tomato sauce and

1 398 ml can black beans, rinsed and drained well)

½ cup Tequi-Lime Sauce

Tabasco Sauce (optional, use more or less as desired)

Mix beans and Tequi-Lime Sauce together in a medium pot. Cook over medium heat until heated through. If using, add Tabasco Sauce to

MMMMM Meatloaf!

2/3 cup Tequi-Lime Sauce

½ lb each ground beef, ground pork and ground veal

1 cup bread crumbs

½ cup finely chopped onions

Preheat oven to 350°. In a medium bowl, combine 1/3 cup Tequi-Lime Sauce with meat, bread crumbs, onions and a sprinkling of salt and freshly ground black pepper. (To test seasoning, fry a small bit of the mix and taste – add more sauce, salt and pepper if desired.) Place in a loaf pan and bake for 40 minutes. Pour remaining 1/3 cup Tequi-Lime Sauce over meatloaf and bake another 15 minutes.

Serves 4-6.

Southwestern Sweet Potato Gratin

2 lbs tan-skinned sweet potatoes (not yams), peeled and thinly sliced
½ cup Tequi-Lime Sauce (more if stronger flavour desired)
2 cups whipping cream
½ tsp Tabasco Sauce (optional, use more or as desired)

Preheat oven to 350°. Spray a medium casserole dish with cooking spray. Layer a third of sweet potatoes over bottom of dish; sprinkle with salt and pepper. Repeat with two more layers. Mix whipping cream, Tequi-Lime Sauce and Tabasco Sauce, if using, in a measuring cup. Slowly pour into casserole dish until it rises just to the top of the potatoes. Press gently to ensure cream gets into all the nooks and crannies. Bake until cream is absorbed and potatoes are brown on top, about 1 hour.

Serves 4-6.

Kickin' Quesadillas

6 8" flour tortillas
2 tbl vegetable oil or melted butter
5 oz grated jalapeno Jack cheese (or a mix of goat and Jack cheese)
¼ cup finely chopped red onion
½ roasted red bell pepper, seeded and diced
1 tsp minced fresh cilantro (more or less as desired)
5 oz cooked shrimp or shredded cooked chicken
1 papaya, seeded and finely chopped
Tequi-Lime Sauce

In a medium bowl, mix together cheese, onion, red bell pepper, cilantro, shrimp or chicken, papaya and salt and pepper to taste. Generously brush Tequi-Lime Sauce over tortillas. Place filling in a half circle on each tortilla – do not put filling any closer than ½" to the outer edge; fold tortillas in half.

Brush tortillas with oil or butter. Place on a BBQ preheated to medium-high (lightly oil rack just before cooking) or in a preheated lightly oiled grill pan or nonstick skillet. Cook each tortilla 2-3 minutes on each side or until golden brown. Serve with additional Tequi-Lime Sauce.

Low-Fat Tequi-Lime Turkey Breast

3 lb. turkey breast
2 large onions, sliced
1 – 1½ cups Tequi-Lime Sauce (may be more or less, depending on pan size)

In a nonstick roasting pan prepared with cooking spray, arrange turkey, skin side up. Bake, unseasoned in a preheated 425° oven for 20-30 minutes – until skin is crisp. Drain and discard melted fat.

Spread onions under turkey. Pour Tequi-Lime Sauce over turkey. Lower temperature to 350°. Cover and bake for 1 hour or until turkey is tender, basting frequently with pan fluid (it may be necessary to add 1-2 tablespoons of water). Uncover and bake until skin is crisp.

Serves 8-10.

The Best Grilled Pizza

prepared pizza dough
Tequi-Lime Sauce
goat cheese
prepared grilled vegetables (see below)
basil or cilantro

Clean BBQ grill well; preheat BBQ grill to medium. Roll pizza dough into 9” circles. Just before grilling lightly oil grill. Working one at a time, place raw pizza dough directly on grill; shut lid. After a minute or so open lid and check; use tongs to turn pizza 180° to ensure even cooking and achieve grill marks. Close lid again. Check after a minute or so; when nicely browned flip pizza over with tongs. Brush top surface generously with Tequi-Lime Sauce. Crumble goat cheese sparingly on top then add grilled vegetables. Close lid for a minute or so; check pizza bottom and rotate 180°. Close lid and cook until bottom is nicely browned and cheese is melted. Remove from grill sprinkle with basil or cilantro to taste.

Grilled Vegetables:

Suggested vegetables: red and yellow bell pepper strips, sliced red onions, mushroom quarters, zucchini slices, asparagus pieces

In a bowl, toss vegetables with just enough olive oil to barely coat. Carefully place on preheated medium-high grill. Close lid; check after a few minutes, if desired brush with Tequi-Lime Sauce. Turn vegetables and continue cooking until tender-crisp.

Juicy Lean Tequi-Lime Burgers

1 lb lean or extra-lean ground beef
1/3 cup Tequi-Lime Sauce

In a medium bowl, Gently work Tequi-Lime Sauce into ground beef. Divide into four equal patties. Fry over medium heat until dark brown on one side; turn and continue frying until fully cooked (should be 160°). Place on toasted hamburger buns and garnish with favourite condiments and trimmings.

O'RUMBA RECIPES:

O'Rumba Yam Fries

orange-fleshed yams (not yellow sweet potatoes)
O'Rumba Sauce
sesame seeds, optional

Preheat oven to 375°. Line a baking sheet with foil; lightly spray with cooking spray. Wash yams; do not peel. Cut yams into long fries about 1" wide. Brush cut sides with O'Rumba Sauce; sprinkle with salt and pepper. If using, sprinkling with sesame seeds. Bake until soft, about 40 minutes.

Awesome O'Rumba Ribs

2 lbs sweet & sour style pork spareribs, cut into individual pieces
O'Rumba Sauce

Line a roasting pan with a double thickness of foil. Place ribs in pan and seal top tightly with foil. Bake @ 350° for 45 minutes. Unwrap ribs and pour off drippings.

Pour O'Rumba Sauce over ribs; brush until well-coated. Return to oven and bake for 1-1½ hours (depends on size of ribs) until meat is tender, turning ribs occasionally and basting with additional O'Rumba Sauce.

O'Rumba Dried Plum Stuffed Pork Tenderloin for 2

1 Tbl vegetable oil
½ cup finely chopped onion
¼ cup finely chopped celery
½ cup chopped dried plums
¼ cup finely chopped pecans
¼ cup O'Rumba Sauce
1 Tbl finely chopped parsley
¾ - 1 lb pork tenderloin

To prepare stuffing, heat a large skillet over medium heat; add vegetable oil. Add onion and celery and cook until tender, stirring frequently. Stir in dried plums, pecans, O'Rumba Sauce and parsley. Set aside.

Cut tenderloin almost in half – spread open and lay flat. Cover with wax paper or plastic wrap. Pound to ½" thickness with a meat mallet or rolling pin. Spread stuffing over pork leaving a 1" border. Roll up tightly lengthwise; secure at ½" intervals with twine. Place on a baking sheet. Rub pork with oil and sprinkle with salt and pepper. Bake at 425° for 20 minutes or until a meat thermometer inserted in the pork (not the stuffing) registers 155°. Remove from oven and allow to rest for 10 minutes then slice diagonally into ½-1" slices.

Tropical Chicken Salad with Caramelized Macadamia Nuts & Coconut O'Rumba Dressing

Chicken:

**4 skinless, boneless chicken breasts (1½ lbs.)
O'Rumba Sauce**

Place chicken breasts in a resealable bag; pour in enough O'Rumba Sauce to coat well. Refrigerate for 4-24 hours. Shortly before serving, broil or grill chicken over a medium-high BBQ until just done. Set to rest for 10 minutes before cutting into slices diagonally.

Salad:

**6 cups mixed greens
1 mango, peeled and cut into ¼" thick matchsticks
6 slices peeled, cored fresh pineapple OR canned pineapple rings, cut into ¼" thick matchsticks
½ cup rinsed hearts of palm, cut into ¼" dice
1 cup red seedless grapes, halved
2 carrots, cut into ¼" thick matchsticks
2 red, yellow or orange bell peppers, cut into ¼" thick matchsticks**

Toss mixed greens with enough Coconut O'Rumba Dressing to just barely coat; divide greens between 4 plates. Top with mango, pineapple, hearts of palm, grapes, carrots and bell peppers and Caramelized Macadamia Nuts. Top with chicken slices.

Caramelized Macadamia Nuts:

**1 Tbl dark brown sugar
2 Tbl water
¾ cup coarsely chopped macadamia nuts**

Heat the sugar in a heavy skillet until it melts. Stir in water, add the nuts and cook, stirring constantly, until the nuts are coated and the water has evaporated. Cool to room temperature.

Coconut O'Rumba Dressing:

¼ cup each O'Rumba Sauce and coconut milk (shake can well)

Stir O'Rumba Sauce and coconut milk together in a small bowl.

Serves 4 meals.

O'Rumbaked Ham

fully cooked bone-in ham
O'Rumba Sauce

Position oven rack in bottom third of oven and preheat to 325°. Trim any tough rind and fat from upper side of ham, leaving ¼" layer of fat. Using a long sharp knife, score fat in a 1"-wide diamond pattern. Place ham in roasting pan; bake for 1 hour. Remove from oven and brush top and sides generously with O'Rumba Sauce. Bake until a thermometer inserted into the thickest part of the ham registers 140°, brushing with O'Rumba Sauce every 15 minutes. (It may be necessary to add 1 cup water to bottom of roasting pan if pan juices dry up or start to smoke.) If browning too quickly tent with foil. When the temperature reaches 140° remove from oven and let stand 15 minutes before carving.

Approximate cooking times for a variety of cooked hams:

Whole bone-in 10 – 14 lbs 2½ - 3½ hours

Half bone-in 5 – 7 1½ - 2

Boneless whole 7 – 10 2½ - 3

10 – 12 3 – 3½

12 – 14 3½ - 4

Boneless half 5 – 7 2 – 2½

Boneless portion 3 – 4 1½ - 1¾

Semi-boneless whole 10 – 12 3 – 3½

Semi-boneless half 4 – 6 1¾ - 2½

O'Rumba Fried Ham Steak:

Slash fat all around edge of a ½"-thick ham steak to prevent curling. Brush one side with O'Rumba Sauce. Melt 1 Tbl butter in a large skillet over medium heat. Add ham steak, sauce side down, and cook until well browned. Brush top of ham steak with additional O'Rumba Sauce; turn and continue cooking until bottom is well browned.

O'PLUM SESAME RECIPES:

Company Worthy Veggie Stir-fry

This great side dish goes with any type of entrée.

1 Tbl butter

¼ cup O'Plum Sesame Sauce

2 Tbl water (may be more, depending on how long veggies take to cook)

4 cups any one or a combination of the following:

*** sliced water chestnuts**

*** thinly sliced carrots**

*** asparagus pieces**

*** quartered mushrooms**

*** snow peas, ends trimmed, whole or halved**

*** any other favourite vegetables!**

Melt butter in a large skillet over medium heat; add O'Plum Sesame Sauce and water; mix well. Add vegetables and cook, stirring continuously until tender crisp. Additional water may need to be added to keep the mixture from sticking.

Oriental Chicken Salad with O'Plum Sesame Peanut Dressing

6 cups mixed salad greens

3 small carrots, cut into long thin matchsticks

1 cup fried dry chow mein noodles

10 oz can mandarin orange segments

2 green onions, finely sliced

½ cup roasted salted peanuts, coarsely chopped

4 cooked chicken breast halves, sliced diagonally into ¼" slices

toasted sesame seeds

Toss greens, carrots, orange segments and chow mein noodles with enough dressing to just barely coat. Divide between 4 dinner plates. Top with green onions, peanuts and chicken. Garnish with sesame seeds.

O'Plum Peanut Dressing:

¼ cup each O'Plum Sesame Sauce and peanut oil

1 tsp unseasoned rice vinegar (use 1 more tsp if tarter flavour desired)

Mix ingredients together in a small bowl

Serves 4 meals.

O'Plum Sesame Cocktail Nuts

2 cups favourite unsalted nuts
¼ cup O'Plum Sesame Sauce (O'Rumba Sauce works well too)
kosher salt

Line a baking sheet with foil; spray with cooking spray. Preheat oven to 350°

In a medium bowl, toss together nuts with O'Plum Sesame Sauce until well coated. Spread nuts over baking sheet. Bake for about 10 minutes, stirring occasionally until nuts are looking quite dry. Remove from oven and immediately sprinkle generously with kosher salt. These are best at room temperature.

Quick & Easy Grilled O'Plum Sesame Lamb Racks

rack(s) of lamb
O'Plum Sesame Sauce

Trim fat from top of rack(s). Slice rack into small chops by carefully starting cuts between the bones then cutting through the meat. Place in resealable bag; add enough O'Plum Sesame Sauce to coat well. Seal and refrigerate for 1-4 hours.

Preheat BBQ lightly oiled grill to medium-high. Place chops on grill and cook, watching carefully, for about 2 minutes per side. Chops may be broiled in oven as well.

Goes well with O'Plum Sesame Dipping Sauce.

O'Plum Sesame Dipping Sauce

Peanut butter and O'Plum are a match made in heaven This is a great all round dipping sauce.
peanut butter
O'Plum Sesame Sauce

Mix equal parts of peanut butter and O'Plum Sesame Sauce together. Microwave for 30 seconds. Stir well.

Variation: Mix as above and add coconut milk to taste. Delicious!

RECIPES THAT WORK FOR ALL THREE SAUCES:

All 3 Sauces

Scallops Wrapped in Bacon

**24 large scallops
12 slices bacon, cut in half
any of the 3 sauces**

Place bacon in a pot of boiling water; cook for 3 minutes. Drain, rinse and pat dry. Brush bacon with sauce of choice. Wrap scallops with bacon; secure with a toothpick. Broil until bacon is sizzling and crispy.

Chicken Wings

**2 lbs chicken wings
any of the 3 sauces
sesame seeds (optional)**

Chop off wing tips then cut wings into two pieces at joint. Wipe with a paper towel. Place wings in a resealable bag; pour in sauce of choice until wings are well coated. Marinate in fridge 4-24 hours. Bake @ 350° oven for 35-45 minutes (depends on size of wings) until skin is browned and chicken is no longer pink inside. If using, about 5 minutes before wings are finished sprinkle with sesame seeds.

Cedar Planked Salmon

**untreated (important!) cedar planks slightly large than salmon pieces – can be purchased from a lumber or a cookware store
salmon filets
any of the 3 sauces
spray bottle filled with water**

Soak the cedar plank in a sink or large container of water for 4-24 hours. You may have to place a heavy object on it to keep it submerged. About an hour before cooking, place salmon in a resealable bag; pour in enough sauce of choice to coat well. Refrigerate until cooking.

Preheat BBQ to high. Place salmon, skin side down, on plank and place plank on grill away from flame (indirect cooking method). Close lid and plank-bake for 20-30 minutes until opaque in the centre and flakes easily with a fork. Check periodically to make sure plank is not on fire; use spray bottle to extinguish any flames. Carefully remove planks from grill and transfer salmon to serving platter.

**Bon Appetit!
Chef Ann Kirsebom**